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# “Festive Family Thanksgiving Cookbook”

## Candied Yams

Serves 8, Preparation time 25 minutes, Bake time 20 minutes

4 cups or 4 medium yams	¼ cup brown sugar, packed
1 tsp. all purpose flour	¼ tsp. salt
¼ tsp. ground cinnamon	¼ tsp. ground nutmeg
½ tsp. orange peel	1 tsp. light tub margarine spread
1 tsp. orange juice	

Preheat oven at 350° degrees Fahrenheit.

Cut yams in half and boil on stove until tender but firm (about 20 minutes). Peel and slice into ¼ inch thickness when cool enough to handle. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel. Place half of the sliced yams in a medium sized casserole dish. Sprinkle with half the spice mixture. Dot with half the margarine. Layer the remaining yams, spice mixture and margarine in the same order as above. Pour orange juice over the top. Bake uncovered in a preheated oven at 350° for 20 minutes.

**Nutrition Facts Per Serving:** 111 Calories , 1 g Total Fat , 9 Calories from Fat , 82 mg. Sodium, not a significant source of Saturated Fat, or Cholesterol.

### Nutrition Tip:

“Yams are a tradition at Thanksgiving. Many recipes are laden with fat and calories. This dish adds color and flavor to your meal without the fat and calories.”

Sandy Wales, Health Educator Assistant

